



October 2013

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Healthy Cook Off

— Page 10

NMCP's SPRINT Team Recounts Mission to Washington Navy Yard

BY REBECCA A. PERRON
NMCP Public Affairs

The joint service response included U.S. Public Health

— See **SPRINT**, Page 7

In the wake of the Sept. 16 shooting at the Washington Navy Yard, 21 of Naval Medical Center Portsmouth's mental health providers and chaplains were sent in to help those affected cope with the tragedy.

Many of the Special Psychiatric Rapid Intervention Team members discussed their experience Oct. 11, after returning from close to three weeks of providing group and individual counseling to more than 7,500 Navy Yard personnel.

The SPRINT team is a collateral duty for staff with mental health expertise. They provide short-term counseling for victims in the wake of tragedies like Hurricane Katrina in 2005 and the Virginia Tech mass shooting in 2007. They also respond to smaller-scale incidents on Navy ships and bases. A SPRINT team can include psychiatrists, clinical psychologists, clinical social workers, hospital corpsman, chaplains and religious program specialists.



Photo by MC2 Pedro A. Rodriguez

Capt. Monte L. Ulmer, commanding officer of Naval Support Activity Washington, speaks with members of the Emergency Family Assistance Center team upon arrival at the Washington Navy Yard. An EFAC is the central point for promoting short and long-term recovery. This includes the return to a stable environment and mission ready status for Department of Defense personnel and their families following a significant incident.

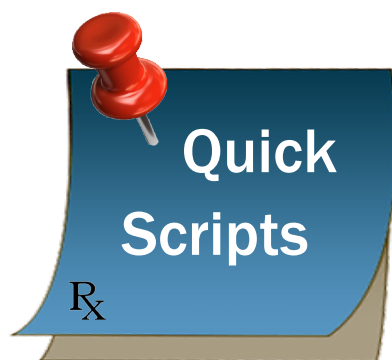
National Breast Cancer Awareness Month

HN Raynaldo Smalls painted the window of the Breast Clinic to help staff get into the spirit of National Breast Cancer Awareness Month.

Around one in eight women born in the United States today will get breast cancer at some point during her life. Breast cancer is the most common kind of cancer in women, after skin cancer. If breast cancer is found and treated early, many women can survive it. A mammogram – the screening test for breast cancer – can help find breast cancer early. To schedule a mammogram, call 953-9729.



Photo by MC2 (SW) Anna Arndt



Holiday Party

The Command MWR Committee will sell holiday party tickets until Dec. 3 in Bldg. 3, 2nd floor next to Navy Federal from 11 a.m. to 1 p.m. The party will be at Waterside Marriot on Dec. 6 from 6 p.m. until midnight.

Day care is available. The committee will offer reserved tables for \$50 per table. There are 10 people to a table. To reserve a table, notify the ticket seller when purchasing a ticket.

The first 150 people to purchase their tickets will be entered in a raffle for a chance to win an executive suite with breakfast for two (night of event).

The ticket prices are: E4 and below, GS-1 to GS-3: \$20; E5 and E6, GS-4 and GS-5, and contractors: \$30; E-7 and above, GS-6 and above: \$40.

Contact HM1 Saunders at 953-3042, HM2 Woltman at 953-4477, and HM2 Copeland, 953-9249 with questions.

Combined Federal Campaign

The Combined Federal Campaign has been extended to run through Jan. 15. Donations can be made online at www.cfcshr.org or via departmental CFC representative.

Those who make a donation online should print and sign a hard copy donation form. NMCP points of contact are Lt. Jason Leidel 953-8929, HMC Monica Ford 953-4882 and FCC Steven Daggett 953-9965.

Speed Mentoring

Join the Mentoring Oversight Committee Nov. 19 from 11 a.m. - noon in Classroom 6, Bldg. 3 for Speed Mentoring. It's a time-efficient, informal way of mentoring. Don't forget to put this date on your calendars for this fun and effective event! Email the POC at NMCP-MentoringOversiteCommittee@med.navy.mil with questions.

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[www.facebook.com/
NMCPortsmouth](http://www.facebook.com/NMCPortsmouth)

<http://twitter.com/NMCP1>



Million Dollar Sailor

It's that time again for the Million Dollar Sailor course hosted by FFSC. The course will be Nov. 25 - 26 from 8 a.m. - 4 p.m. in the auditorium.

The course provides the tools needed to become a millionaire: balancing a checkbook, car buying, credit, paying off debt, reading and understanding Leave and Earning Statement, insurance needs, investing and saving.

The course gives a common sense approach to personal finances. To attend, submit a chit through the chain of command and submit the approved chit no later than Nov. 20.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and Medical Service Corps — active and retired — officers and their spouses in Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com

NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

NMCPombudsman@med.navy.mil
or
(757) 953-1973

THE COURIER

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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Those who wish to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

Celebrity Salute to Heroes Stops by NMCP

PHOTOS BY MC1 (SW/AW) STEVEN J. WEBER
NMCP Public Affairs

Celebrities Kelly Carlson, from TV's *Nip/Tuck*, NFL's Willie Gault, NBA's Dale Ellis, and Major League Baseball's Lee Smith and Bret Saberhagen sign autographs in Naval Medical Center Portsmouth's galley as part of Morale, Welfare, and Recreation's Celebrity Salute to Heroes, Sept. 19.



HMC Sean Buckley with actress Kelly Carlson during Celebrity Salute to Heroes, Sept. 19, in NMCP's galley. Buckley reminded Carlson that they met in the New Orleans airport a few years ago.

Below Left: Tim Hopkins with Kelly Carlson.

Below Center: Chief Warrant Officer Michael Livingston with actress Kelly Carlson during MWR's Celebrity Salute to Heroes.

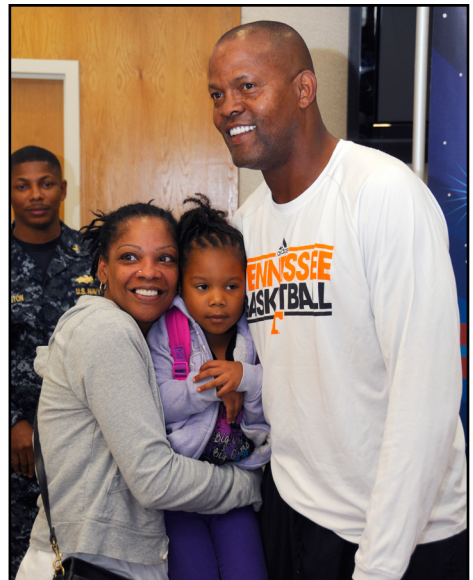
Below Right: Diners in NMCP's galley get a photo with Dale Ellis.



Capt. Michael Wagner, NMCP staff neurologist, talks to Lee Smith, Bret Saberhagen and Willie Gault while getting an autograph from Saberhagen.



Chief Warrant Officer Rob Harris, Center for Surface Combat Systems Detachment East, and his son, Tim Hopkins, get a photo with Bret Saberhagen.



National Customer Service Week Ends with Awards Ceremony

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Naval Medical Center Portsmouth concluded its annual celebration of National Customer Service Week Oct. 11 with an award ceremony announcing the winners of three competitions from earlier in the year.

During the ceremony, 12 staff members were recognized with the Customer Service Excellence Award for displaying customer service excellence throughout the year while focusing on complaint resolutions, positive interactions and command involvement.

Alicia Lyons, from the Rheumatology Clinic was the winner of the "What Service Looks, Feels, Smells, Tastes, and Sounds Like to Me" essay contest.

The laboratory won the "Best of the Best" competition, which recognizes the clinic or department that has distinguished itself by implementing quality service initiatives based on patient and customer feedback.

"Customer service is important because we want to show all of our patients that they are very important to us no matter who they are, what they do or when they come," said Cmdr. Susan Union, director of the Healthcare Business



The laboratory won the "Best of the Best" competition.

Office. "Customer service is a pillar within the command's strategic plan, so it is one of our key goals. Since it is one of those things that is very important, outstanding customer service is something we need to achieve daily."

The goal of the celebration is to boost morale, motivation and teamwork; raise awareness of the importance of customer service; thank other departments for their support and remind customers of the commitment to customer satisfaction.



Alicia Lyons, from the Rheumatology Clinic, was the winner of the "What Service Looks, Feels, Smells, Tastes, and Sounds Like to Me" essay contest.

Capt. James Hancock, acting NMCP commander, commended the staff for their commitment.

"With all that has been going on around us - whether it's 11 years of war or the government shutdown - you have not faltered a single bit, you have not changed the face you put before your patients a single bit," Hancock said. "A tribute to that is right here in the folks you are going to see getting awards."

"I appreciate what you do its hard in these times when there is so much unknown, but you guys just keep plowing ahead," Hancock added. "So in the effort of professional excellence in the 'First and Finest,' you all have absolutely,

— See **SERVICE**, next page



Photo by HM3 Dara Zuniga

Rebecca Hernandez, Patient and Guest Relations Department head, enjoys the potluck lunch.



Following the award ceremony, Capt. James Hancock, acting NMCP commander, and CMDCM (SW/AW/FMF) Michael James cut the cake with Cpl. James Gornycz, a wounded warrior.

SERVICE — *Continued from previous page*
100 percent shined. Thank you very much."

Following the award ceremony, Hancock cut the cake with Cpl. James Gornycz, a wounded warrior who currently works in the Fleet Liaison Office.

Other events during the week included a potluck lunch in the Neo-Natal Intensive Care Unit atrium for departmental customer service representatives, lunch in the galley served by members of the Command Executive Board and an ice cream social in the galley.

National Customer Service Week is an event devoted to recognizing the importance of customer service and to honoring the people who serve and support customers with the highest degree of care and professionalism. In 1992, Congress proclaimed the week a nationally recognized event, celebrated annually during the first full week in October.



NMCP celebrates National Customer Service Week with a cake cutting.



Command Executive Board members serve lunch Oct 10.



Patient and Guest Relations staff serve ice cream during the Customer Service Week ice cream social on Oct 9.



Command Executive Board members Cmdr. James Reeves and Cmdr. Kevin Brown serve lunch Oct. 10 as part National Customer Service Week.

National Medical Librarians Month Highlights Importance of NMCP's Librarians

STORY AND PHOTOS
BY MCC (SW/AW) LESLIE TOMAINO
NMCP Public Affairs

In honor of National Medical Librarians Month in October, Naval Medical Center Portsmouth staff and patients were invited to an open house in the medical center's library Oct. 16.

The event allowed guests the opportunity to see what resources and services are available to them.

When people think of the library, they think of books, but according to Jane Pellegrino, NMCP Library Services department head, for there's so much more than books available to patrons.

"We offer an extensive set of clinical reference resources through our SharePoint page. We also maintain an Intranet presence, conduct literature searches and provide interlibrary loan services for articles not available in the NMCP library," Pellegrino said. "We provide instruction through our 'Learning over Lunch' series or depart-

mental classes and facilitate access to library resources at NKO."

Library Services is staffed by two librarians and three library technicians. With ever changing technology and advances, the librarians are prepared to meet these challenges with Masters Degrees in Library and Information Science and years of experience. The library staff keeps abreast of new content by reading library literature, participating in classes and reviewing vendor information. Additionally, they are members of professional organizations like the Academy of Health Informational Professionals, whose membership requires continuing education.

In 2013 the library helped many NMCP and Navy Medicine East health care providers with a wide variety of requests, including 1,250 requests for assistance in accessing online resources and locating 1,116 articles, books or

book chapters through the Interlibrary Loan program.

"As the availability of electronic resources expands, the roles of the library and the librarian become more significant," said Lisa Eblen, Library

Services associate department



From left, Cmdr. William Beckman, director of Professional Education; Jane Pellegrino, Library Services Department head; Lisa Eblen, library media specialist; and Cmdr. Greg Nezat, assistant director of Professional Education; take a moment for a photo during the Library Open House Oct. 17 in honor of Medical Librarian Appreciation Week.

head. "The more resources that are available online, the more complicated it becomes for our users to locate the quality information they need to answer clinical questions, conduct research and train residents and interns."

Library staff can locate the information patrons seek and are available to provide training on its use. Integrating these resources allows users to move easily from one site to another to access the full text information they need.

When asked the best part of their job, the NMCP library staff has plenty to share. However one response sums it up well.

"Helping Navy health professionals here and around the globe find the information they need to provide quality health care, provide mission support and conduct research is the best part of my job," Pellegrino responded with a smile.

Services like this allow for NMCP to continue to be "The First and Finest," excelling in meeting goals of promoting innovation in research and excelling in medical education while providing guaranteed quality health care.

For more information on NMCP's library and for access to its online publications, visit www.med.navy.mil/sites/nmcp/library.



Ensign Kouevigou Akouete, a nursing resident, completes a training using a public access workstation available to NMCP staff in the library.



Photo by MC2 Pedro A. Rodriguez

Members of the Emergency Family Assistance Center team discuss their plan while setting up at the Washington Navy Yard. An EFAC is the central point for promoting short- and long-term recovery. This includes the return to a stable environment and mission-ready status for Department of Defense personnel and their families following a significant incident.

SPRINT — *Continued from page 1*

Services psychologists, and psychologists and chaplains from the Army. Walter Reed National Medical Center augmented with 20 mental health specialists and the Navy Yard chapel provided about a dozen chaplains.

"SPRINT is more of an expeditionary unit so we'll come in to the affected area very rapidly," said Cmdr. Ingrid Pauli, a USPHS psychologist and one of two team leaders on the mission. "We were in place on the base before it opened up for the workers to come back. At our biggest swell, we had about 50 people working the SPRINT missions."

Throughout the three weeks, they completed more than 300 missions. Missions included group debriefings - about 200 group sessions - and deckplating, which is going to each building, walking around and finding people who want to talk. At the beginning of each day, they started with a blank base map. By each evening, every building was marked off.

"We don't set up a clinic and have folks come to us," Pauli said. "We go to where the people are working, where they are getting back to their lives. We do group sessions, one-on-ones and consultation with leadership."

The team originally estimated their stay would be three to five days, not knowing the size of the base or the number of people who would need their services. As the days progressed, the requests kept pouring in, even from those who had not experienced the tragedy firsthand or where not on base when it occurred. Of those who work in the building where the shooting occurred, Pauli estimated the team met with 80 percent of them.

Hospital Corpsman 2nd Class (SW) Arianna Loaiza, a

behavioral health technician who was on her first SPRINT mission and arrived on day five, helped take requests for group sessions from the command center. She scheduled the sessions for other team members to lead, also leading some herself.

During the grief response sessions, she saw the typical range of emotions being expressed. Many times, the sessions brought together a group of workers for the first time since the shooting.

"We told them it was ok to feel sad, it was ok to grieve. People are going to be upset, angry, irritated, frustrated and sad," Loaiza said. "I told them

you are going to feel this for a while and it's normal, because it's a tragic event. They bonded well, and they had each other's support."

The support Navy Yard personnel had for each other - during the shooting and in the weeks after - made an impression on the SPRINT team, because it's that support system that is so important to the recovery process.

"There were hundreds of stories of incredible courage - coworkers going back into the building to get someone who had been left behind," Pauli said. "There were so many stories of people taking care of each other. In the midst of this chaos was the closeness of these people. They really are a family."

Lt. John Knorek, a psychology fellow at NMCP, joined the team toward the end of the first week.

"Working with folks in group settings, working with folks talking about difficult experiences they've gone through was familiar, but the energy and attention and the focus of this shooting was something that was unique," Knorek said. "It was a very rewarding and meaningful experience to work with them in a time of need. I felt fortunate to provide the help and services that I did."

"It was very rewarding work," Pauli added. "No one wants to be called up for these sorts of things, but I'm very proud of my team."

This past year has been the busiest in recent years for the SPRINT team, with assistance provided for 19 events. SPRINT teams have existed within the Navy for several decades. As the number of mission requests has steadily increased over the last five to 10 years, the number of staff trained and designated to be SPRINT team members has also increased.

NMCP's NICU Celebrates with Annual Picnic

STORY AND PHOTOS BY MC1 (SW/AW) STEVEN J. WEBER
NMCP Public Affairs

Naval Medical Center Portsmouth's Neonatal Intensive Care Unit celebrated its 16th annual NICU Reunion on Oct. 19, with a picnic in NMCP's main gym.

The picnic was a chance for families and staff to get together to celebrate the children who spent tense moments as babies being cared for in the Neonatal Intensive Care Unit, and who became part of the NICU staff's lives. The fun of the annual picnic is a big difference from the stressful atmosphere parents and staff experience in the NICU where babies are fighting to survive.

The picnic offered plenty of entertainment for the kids to enjoy – a bounce house, face painting, balloon animals, and lots of pizza. But for the parents and staff, it was an opportunity to catch up with each other and share the progress the children have made.



Children and their families enjoy the many activities during the NICU reunion.

"It is a chance for the families to come back and show their appreciation for the staff and how well their children are doing," said Cmdr. Robert Englert, NICU staff neonatologist and level 3 NICU physician. "It's a great opportunity, after all the stress of being in the NICU, for parents to come and show the staff how well their child is doing, as well as the staff to see it, too. While the babies are in the NICU, everyone is stressed, and there isn't a lot of time for thanks."

Englert added that the biggest reward for NICU physicians is to see those patients who entered their lives as critically ill, premature babies grow and thrive, returning to the picnic as children doing well in school.

"We have had this reunion for 16 years so the nurses can see these babies that have been in the NICU grow," said Jocelyn Erwin, who has been a NICU nurse at NMCP for 13 years, and has previously served as the NICU division officer. "It gives the nurses a sense of satisfaction and knowledge that they really do God's work."



One of the many children who enjoy face painting at the reunion.

"It makes me feel really good," Erwin continued. "I came into this person's life a stranger, but was able to touch their lives. It is a sense of satisfaction taking care of these babies who are vulnerable, to take care of them and watch them grow is awesome."

But it is not just the staff who benefit from the reunion. The families of the children who have been in the NICU see the picnic as a celebration of life and what's to come.

"It gives new hope for the following years," said Ellen Burmahl, whose daughter is now almost five months old, but was born at 26 weeks, weighing only two-and-a-half pounds at birth. "I love the staff, I really do. I received a lot of information so I was not in the dark about what was going on with my daughter. I could ask (questions) and if someone did not know they answer, they would get it for me."

— See NICU, next page



The bounce house is a hit with most of the children during the picnic.



Fishing for rubber ducks in a kiddie pool is a popular game stop.

NICU — Continued from previous page

Burmahl came to the picnic to see the nurses and staff, as well as the other babies, and see the progress they are making. For first-time picnickers, it's an opportunity to renew the relationship they formed with the NICU staff.



LS2 Larry Dixon, from Navy Recruiting District Richmond, plays with his son, Sage, during their first NICU Reunion after Sage spent about five months in the NICU.



Two of many children who line up for balloon animals.

"I wanted to see all the great faces that I grew to care about, all the great people that helped my son to get to where he is now," said Logistics Specialist 2nd Class Larry Dixon, Navy Recruiting District Richmond, whose son, now six months old, spent time in the NICU. "It's good for them to see him, and to see his progress."

"One word that could describe the NICU staff is 'phenomenal,'" Dixon continued. "They were very professional, personal and sympathetic to your needs, very caring. I could not have asked for a better staff."

Dixon's son, Sage, was born at 23 weeks and three days and spent five months in the NICU.

"My son was not just another number or just a job," Dixon added. "The ladies and gentlemen in the NICU love what they do. They try not to get emotionally attached, but they do. It makes the process that much easier."

Dixon plans to attend the picnic every year, as long as he is within an eight-hour drive.

"I will be at the NICU reunions because it is great to see all the same faces, the progress of all the other children and the people who helped them get to where they are."

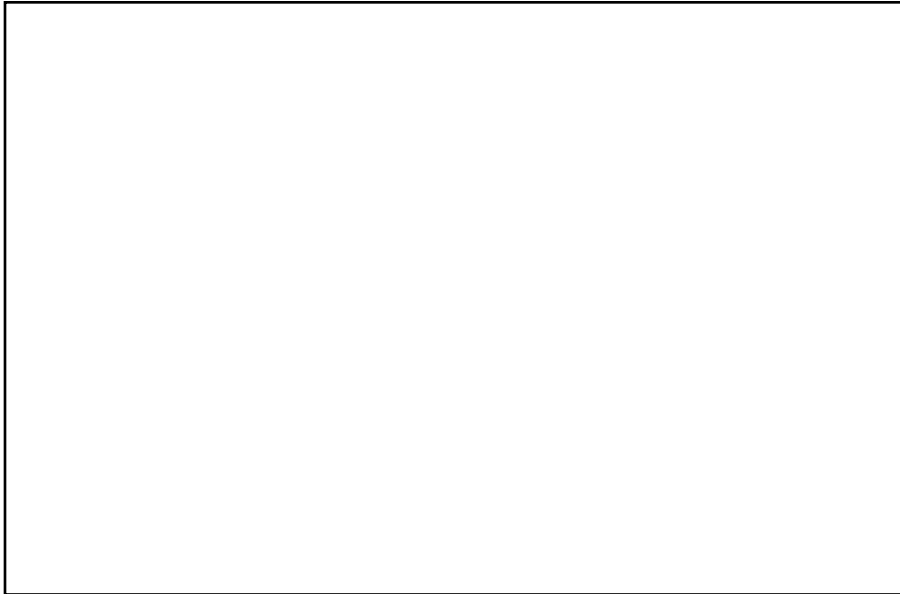


These twins want to help with the face painting.

Healthy Cook Off Among Galley Staff Results in New Menu Item

By MC1 (SW/AW) STEVEN J. WEBER
NMCP Public Affairs

A friendly competition among Naval Medical Center Portsmouth's culinary specialists played out during a lunchtime healthy cook off on Sept. 27, with the 1st, 2nd and 3rd class culinary specialists each preparing a dish for the cook off.



Photos by MC2 (SW) Kris Rojas

CS1 Andrew Suzio grills chicken breasts during the galley's "Healthy Cook Off" competition.

The challenge was initiated by some cross-rank banter, with a few third classes joking that the senior culinary specialists could not cook as well as they could. The jokes grew into the idea for a cook off, where they could prove their abilities. On the line: the winner's dish would be added to the galley's menu, and of course, some bragging rights.

"(The 3rd classes) challenged the 1st classes and hinted that we can't cook, so I quickly said 'challenge accepted,'" said Culinary



The winning selection, Thai Lettuce Wraps, belonged to CS1 (SW/AW) Micah Lee and CS1 (SW/AW) Andrew Suzio.

Specialist 1st Class (SW/AW) Micah Lee, galley leading petty officer. "It was also a way to have a little fun in the galley and add to our morale a bit."

When Lee brought up the idea to the Nutrition Management Department head, Cmdr. Paul Allen, he was receptive to the competition and developed the "healthy" rules and guidelines.

Each of the three teams consisted of two members who created a dish with no more than five grams of saturated fat and 30 grams total fat. The recipes had to be written by the team members, and it had to be capable of being made for mass food production.

The team representing the 1st classes was "Honor, Courage, Commitment" with Lee and CS1 Andrew D Suzio, and team "Stars and Stripes" were CS2 Timothy P. Ames and CS2 Ferlissia M. Hunnicutt. But the day before the event, the third class team – who had started the competition – realized they would not be able to participate. They were replaced with team "Independent Rebels," who were CS2 Kimberly Burgess and CS2 Corey Knatt.

Team Honor, Courage, Commitment prepared Thai lettuce wraps with satay chicken strips, carrots, coconut curry noodles, julienned carrots and cilantro wrapped in lettuce leaves with two delicious spicy Thai sauces – peanut and sweet red chili. The wraps included an Asian cucumber salad on the side. This dish received 79 votes.

Team Stars and Stripes made brisket and slaw, which included tender beef brisket distinguished with the pure southwest Texas style by its spices, marinade and smoked BBQ flavor, and was covered with their secret BBQ sauce. It was served with a side of vinaigrette slaw. This dish received 73 votes.

Team Independent Rebels entry was low country boil and hush puppies with turkey sausage, shrimp, chicken, potatoes and corn in a spicy Cajun boil sauce, served with a side of hush puppies. This dish received 30 votes.

Galley patrons received each of the three dishes as part of their meal and then voted for their favorite one. The winning selection – by six votes – was the first class team with 79 votes for the Thai lettuce wrap and Asian cucumber salad, proving that they can cook!

"I thought it was all really good," said Lorri Staples who works in NMCP's Developmental Pediatrics. "The brisket was amazing; the low country boil was awesome, the corn cooking in the soup was really good. I wish we could have more of this regularly. To have some-



Team "Stars and Stripes" Brisket



CS1 Micah Lee, leading petty officer of Combined Food Service Operations Department, prepares a Thai Lettuce Wrap during the galley's "Healthy Cook Off" competition.



CS2 Timothy Ames, left, and Ferlissia Hunnicutt, Combined Food Service Operations Department, serve brisket during the galley's Healthy Cook Off competition.

thing different like this was a good surprise."

Ames said the favorite part of the competition was "Showing everyone in the hospital that the culinary specialists actually know how to cook outside of what is on our menu every week."



with Slaw



CS1 Hocaly Pena prepares hush puppies during the galley's "Healthy Cook Off."



Team "Independent Rebels" prepared Low Country Boil with Hush Puppies.

Music, Dancing Highlight Hispanic Heritage Month

STORY AND PHOTOS
BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Naval Medical Center Portsmouth staff danced to Bachata and Merengue music in the main chapel in celebration of National Hispanic Heritage Month – one of the highlights of the Oct. 15 ceremony.

NMCP's Diversity Committee invited Erica Phillips, a dance instructor from Tidewater Community College, and a few of her students to the celebration to teach some Latin dance moves to attendees.



Guest speaker Marcela Chaván-Matviuk holds up various Hispanic objects as she describes their uses.

After a demonstration, audience members were asked to get up and try it themselves. Two songs were played while some of the audience danced with each other or danced with the students.

The guest speaker was Marcela Chaván-Matviuk, the director for the Center for Latino Leadership within the Office of Academic Affairs at Regent University. She was born in northern Argentina and emigrated to the United States with her husband in 1997.

She showed items that represent Hispanic culture, including yerba mate, which is a drink as well as a symbol of friendship and community. She also showed a mortar and pestle and maracas.

She gave statistics of how many Hispanics live in the United States and in Virginia and talked about the growing Latin community.

"In Virginia, there are 630,000 residents that are of Hispanic origin which accounts for about eight percent of the total population of Virginia," said Chaván-Matviuk. "There are 53 million Hispanics living in the U.S., and it is the second largest concentration of Hispanics other than Mexico. It is also the largest ethnic minority in the states."

She noted that Hispanic is not a

race but instead is an ethnicity, which is a collective sense of the identity of a group, basically due to a shared heritage, and it is important for current and future generations to recognize their identity.

"If we are going to serve and lead our nation with

pride and honor, we have to know who we are first and know our traditions, and also know there is a responsibility that comes with being a citizen of the states, there are values to enforce and there is work to do," Chaván-Matviuk said. "If we really are committed to leading the nation with pride and honor, let's start by building community together and by sharing common values."



Lt. Cmdr. Mark Edwards dances with the daughter of TCC dance instructor Erica Phillips.

She also talked about the importance of embracing the culture of others and working together as a community.

"It is important to build togetherness because it is impossible for any social group to survive in isolation and be sepa-



rated," she added. "We are challenged to make time to think about how we build upon someone else's traditions, making the idea of America real to us today."

— See **HERITAGE**, Next page



CMDMCM (SW/AW/FMF) Michael James and YNCS (SW/AW) Tanesha Wheeler dance to a traditional bachata song during NMCP's Hispanic Heritage Month celebration.

HERITAGE — *Continued from previous page*

NMCP deputy commander, Capt. James Hancock, pointed out the importance of realizing that it is our diversity that has made our country what it is.

"Anytime we talk about heritage, we need to think about who we are as a nation," Hancock said. "We were a group of people who came to have freedom. We bring together all the nationalities and that's what makes us great – the diversity that we have causes us to be great."

The national observation is a time to recognize the impact and contributions Hispanic and Latino Americans have made to the United States, as well as the celebrate their culture and heritage. The theme for 2013 is "Hispanics: Serving and Leading Our Nation with Pride and Honor."

Sept. 15 was selected as the start date for the monthlong celebration because it is the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.



Guest speaker Marcela Chaván-Matviuk talks about Hispanic culture.



Capt. Mary Nunley dances with a TCC dance student.



CMDMCM (SW/AW/FMF) Michael James is joined by Diversity Committee members HM1 (SW/AW) Stephanie Gibbs and Lt. Cmdr. Mark Edwards to cut the cake.

Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively.

The term Hispanic or Latino, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. According to the 2010 census, 50.5 million people or 16 percent of the population are of Hispanic or Latino origin, which is a significant increase from 2000, which registered 35.3 million or 13 percent of the total U.S. population.

NMCP Celebrates Navy's 238th Birthday



PHOTOS BY MC1 (SW/AW) STEVEN J. WEBER
NMCP Public Affairs

NMCP celebrated the Navy's 238th birthday two days early with a ceremony on Oct. 11. The First Class Petty Officers Association sponsored the ceremony, with Culinary Specialists First Class (SW) Andrew Suzio making an impressive cake in the shape of USS Constitution.

During the ceremony, HMCM (SW/AW) John Mooers was the keynote speaker, and a clip from the John Wayne movie "In Harm's Way" was shown. Cmdr. James Reeves, acting deputy commander, and the youngest Sailor, Hospitalman Mariah Portley, cut the cake.

Cmdr. James Reeves, acting deputy commander, and Hospitalman Mariah Portley, the youngest Sailor, cut the cake.

Tidewater eMSM

Tri-Service Leaders Sign Concept of Operation, Charter

Rear Adm. Elaine Wagner, NMCP commander, and Air Force Col. Wayne Pritt, commanding officer of the 633rd Medical Group, Joint Base Langley-Eustis, signed the Tidewater Enhanced Multi-Service Market Concept of Operation and Charter Sept. 23. Army Lt. Col. (promotable) Michael Choen, deputy commander for Clinical Services, McDonald Army Health Center, observes on behalf of Col. Glenda Lock, commanding officer, McDonald Army

Health Center, who signed Oct. 3. The signing paves the way for the three military treatment facilities to begin operating jointly.

On Oct. 1, the TRICARE Management Activity and other military health offices combined into the new Defense Health Agency. Locally, this new structure will mean the three services will operate their Medical Treatment Facilities as one entity under the Tidewater eMSM.



Rear Adm. Elaine C. Wagner, NMCP commander, and Air Force Col. Wayne Pritt, commanding officer of the 633rd Medical Group, Joint Base Langley-Eustis, signs the Tidewater Enhanced Multi-Service Market Concept of Operation and Charter on Sept. 23.



Col. Glenda Lock, commanding officer, McDonald Army Health Center, signs the Concept of Operation and Charter on Oct. 30.

Photos by MC1 (SW/AW) Steven J. Weber

NMCP Recognizes Health Care Foodservice Workers Contributions

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Naval Medical Center Portsmouth celebrated Healthcare Foodservice Workers Week Oct. 7 – 13, recognizing the hard work of dozens of employees whose work is practically invisible, but crucial to the care of NMCP's inpatients.

Health care foodservice workers assemble the trays for each meal, plating the food that is delivered to patient rooms. They make sure the patients are well-nourished by providing them nutritious meals that follow each patient's dietary restrictions, and in many cases, what the patient requested.



Lisa Matthews, a foodservice worker, helps dish up patient trays. Many patients have dietary restrictions that need to be followed and the foodservice workers prepare the meals according to these restrictions.

Most of the 42 health care foodservice workers at NMCP are employed through Eggleston Services, an organization that helps people with disabilities find meaningful work. The job of health care foodservice worker can be demanding: it's seven days a week, 365 days a year and they must come to work during severe weather events.

"We want to acknowledge the work that my patient tray line employees do, feeding our patients every day, three meals a day, seven days a week," said Cmdr. Paul Allen, Nutrition Management Department head. "They are here (every day) for our patients. It's work in an environment where there are no windows, and they never really know how the patients are doing when you feed them – they plate the food onto the tray for the patient, they send the food up, and sometimes, they never know if the patients are happy or unhappy. So I let them know the patients are happy. We work hard to ensure the patients can eat, eat well, heal and get better."

Many of the 42 employees are split among three shifts – one for each meal.

"Our daily operation is employees come in in the morning, and they help prepare meals for the tray line for breakfast, lunch and dinner," said

Mary Isadore, project manager for Eggleston Services. "They do additional jobs, such as make snacks for the patients and deliver the trays (to the wards) where my diet clerks pass them out to the patients and make sure they have what they need and the diets are correct. Once the trays come back down after (mealtime), they're washing dishes and getting ready for the next meal."

Isadore said they also perform a lot of cleaning tasks around the galley. They mainly get on-the-job training, and some of them have worked at the medical center for 30 years, a dedication that is worthy of recognition in itself.

"We show our appreciation because they do work very hard," said Isadore. "When the weather is hot, they are still pushing trays and making sure the patients get their food. They do take a lot of pride and care in their work. They are as fussy about the food they are providing here as they would be at home, and they are good people who work in tough situations sometimes. Some days, it can be extremely hot. In the summer time, it gets really hot in the galley and in the scullery."

Healthcare Foodservice Workers Week is celebrated annually and is a way to honor these workers and recognize the important role they play in health care. This year's theme is "Where Healthcare Meets Hospitality."



Patty Bryan, a foodservice worker, helps prepare patient meals, while paying attention to specific dietary restrictions.

Two Psychology Doctoral Fellows Graduate

STORY AND PHOTOS BY MC1 (SW/AW) STEVEN J. WEBER
NMCP Public Affairs

Naval Medical Center Portsmouth's Psychology Department graduated a pair of postdoctoral fellows in clinical psychology during a ceremony in the medical center's chapel on Oct. 15.

Lt. John K. Knorek and Lt. Adam B. Tomlinson spent the past year practicing a multi-disciplinary approach using collaborative and evidence-based methods to treat patients. The program develops competencies that prepare the emerging clinician to manage the complex psychological needs of service members.

"This step, postdoctoral fellowship, in my career has served as a spring board into a career as a naval psychologist," Tomlinson said. "Graduation represented the culmination of a year of training to transition me from being a civilian psychologist to a military psychologist."

The program is for civilians who have completed all of their degree requirements but have not yet fulfilled the post-degree requirements for licensure. Upon completion, the fellows are commissioned as Navy psychologists and are required to complete three years of naval service.



Capt. James Hancock, NMCP deputy commander, presents Lt. Adam B. Tomlinson with his certificate of completion during the clinical psychology postdoctoral fellowship graduation ceremony.

While in the fellowship, students receive instruction on the foundation required to practice psychology within the military mental health system. It also broad enough to prepare the graduates for advanced practice in diverse non-military clinical settings.

Knorek had the opportunity to put these new skills to prac-

tice in an environment outside of the fellowship setting as a member of the SPRINT team that deployed to D.C. after the Washington Navy Yard shooting.

The SPRINT team, or Special Psychiatric Rapid Intervention Team, is a collateral duty for staff with mental health expertise. They provide short-term counseling for victims in the wake of tragedies like the Navy Yard shooting.



Capt. James Hancock, NMCP deputy commander, presents Lt. John K. Knorek with his certificate of completion during the clinical psychology postdoctoral fellowship graduation ceremony on Oct. 15.

"Working with folks in group settings, talking about difficult experiences that they have gone through was familiar," Knorek said. "But, the energy and the tension being put on the shooting was something that was unique. It was a very rewarding experience; very meaningful to help folks in their time of need. I was proud to have been called upon to work with the SPRINT team."

Knorek was prepared to assist in the aftermath of the shooting because of the specific training received during the fellowship program. The program prepares fellows to assess and treat post-traumatic stress disorder, depression, traumatic brain injury, chronic pain, family issues and substance/alcohol abuse. Students are also trained to recognize symptoms associated with severe mental health conditions that require inpatient psychiatric treatment.

When the fellows graduate from the program, they are eligible for licensure as a psychologist and are able to attain a board certification in clinical psychology.

The graduates are now headed to their new commands, Knorek to Naval Hospital Okinawa, and Tomlinson to Marine Corps Forces Special Operations Command, at Camp Lejeune, N.C.

Active Shooter Drill Simulates Mass Casualty Response

STORY AND PHOTOS BY MCC (SW/AW) LESLIE L. TOMAINO
NMCP Public Affairs

Naval Support Activity Hampton Roads in conjunction with Naval Medical Center Portsmouth conducted an active shooter drill with simulated mass casualties to assess the emergency and security response capabilities of the campus Oct. 24.

The scenario was based on an active shooter in a barracks with multiple injuries. The first on-scene responders were police officer Donnie Martin and Master-at-Arms Seaman Tameka Sykes who swept the barracks, neutralized the threat and notified the appropriate agencies for mass casualty transportation.

An incident command center was established to oversee the management of the scene. The simulated victims were triaged on scene to determine who should be treated first, and they were tracked along the way.

"Drills like this give security personnel a better understanding of what they would do should a real-world occurrence happen," said Gunner's Mate 2nd Class Zack McKenzie a volunteer with



Responding personnel assess the simulated victims and determine who will be transported to the nearby make shift triage for treatment by firefighters and EMTs from Navy Region Mid-Atlantic Fire and Emergency Services.

the NSA Portsmouth Training Team.

McKenzie and about a dozen other volunteers simulated casualties, donning fake blood and getting into character for the exercise.

The drill included staff from the barracks, Installation Training, Naval Criminal Investigative Service, Navy Region Mid-Atlantic Fire and Emergency Services, NSA Hampton Roads Antiterrorism Training Team and NSA Security.

Drills are done frequently to keep the skills of the first responders sharp.


"We do random active shooter drills every week at the various NSA installations," said John Root, lead trainer for NSA, who assessed the drill and supervised on-scene safety of participants and first responders. "We do this so that everyone can be prepared for the not if, but when."

The routine drills are performed with a variety of scale and complexity. Only a few involve simulated victims with make-up and actors.



Once it was deemed safe, the simulated victims were transported to the nearby make-shift triage for treatment by responding firefighters and emergency medical technicians from Navy Region Mid-Atlantic Fire and Emergency Services.


They quickly identified the degree of injuries using tags of various colors tied to the simulated victims.

— See **DRILL**, Page 19



COMBINED FEDERAL CAMPAIGN



Please help
Naval Medical Center Portsmouth
meet our fundraising goal and
these great charities!

Stop by the CFC table in Bldg. 3, 2nd Deck to
donate to many deserving organizations

Receive a ticket for a drawing to
win prizes weekly until Dec. 15

Mondays – Wednesdays – Fridays
11 a.m. to 1 p.m.

Civilian in the Spotlight



Photo by HM1 Jasmin S. Macias

Roman "Charlie" Ross

Hometown: Sheboygan, Wis.

Years of service: 13 years as a civilian, 20 years active, retiring as a first class petty officer

Job: Substance abuse counselor

What do you like most about your job? The possibility of having a positive impact on the life of someone with substance abuse concerns and the rippling effect it will have on the lives of others who know and love the person.

What do you do in your off-duty time/hobbies? I'm a single parent, but when time permits, walking/hiking, reading and bowling.

Favorite movie: No one particular favorite – too many to chose from.

Favorite food: A good rib-eye or New York strip.

Anything else interesting about yourself that you would like to tell us? I have 26 years clean and sober due to the help of my Higher Power who gave me Navy Treatment, AA, and loving family and friends to support me in tough times.

Why is he nominated as Civilian in the Spotlight? "Mr. Ross displays unwavering dedication to our Substance Abuse Rehabilitation Program," said Cmdr. Mike J. Franks, SARP department head. "What he contributes on a daily basis to all members of active service and their dependants is a true testament to how much he cares about each and every person that walks through his doors."

Sailor in the Spotlight

Lt. Stephanie Long

Hometown: Chantilly, Va.

Years of naval service: 8 years, 3 at NMCP

Job: Assistant department head, Substance Abuse Rehabilitation Program

What do you like most about your job? It's always interesting and often rewarding. SARP is a large department with a lot of moving parts, and we treat all TRICARE beneficiaries, so our patient population is very diverse. The staff here is also diverse and committed to helping patients drastically improve their lives in a short period of time.

What do you do in your off-duty time/hobbies? I enjoy spending time with friends and family. Also, I play soccer, rock climb, run, cycle and do yoga.

Favorite movie: Love Actually

Favorite food: Bacon, chocolate and Cheetos

Why is she nominated as Sailor in the Spotlight? "Lt. Long is an assertive and instinctive leader with unmatched dedication to mission accomplishment," said Cmdr. Mike J. Franks, SARP department head. "She serves a vital role for SARP, achieving substantial progress in expanding the program into a fully functioning Dual Diagnosis Residential Program in support of joint service troops across the East Coast region. She possesses unmatched leadership skills, which she employs daily to effectively lead her Sailors at SARP. She is always spearheading activities that improve the camaraderie, personal and professional growth of the entire staff."



Photo by MC1 (SW/AW) Steven J. Weber

OCTOBER AWARDS

MERITORIOUS SERVICE MEDAL

Cmdr. Daniel Seidensticker
Lt. Cmdr. Travis Polk
AMCM (AW/SW) Paul Fields

JOINT SERVICE ACHIEVEMENT MEDAL

HM3 Jayanta Mohanty

NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. Robert Hines
Cmdr. Matthew Stevens
Lt. Cmdr. Matthew Langford
Lt. Christopher Jackson

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Edward Bass
Lt. Cmdr. David Furman
Lt. Cmdr. Thanh Hoang
Lt. Cmdr. Leticia King
Lt. Katherine Betts

Lt. Jason Caldwell
Lt. Teri Ryals
Lt. j.g. Marcello Alcantar
Lt. j.g. Julia Johnson
Lt. j.g. Crystal Kirby
Lt. j.g. Gregory Nevenon
Lt. j.g. Uriah Paul
HM1 James Frymire
PS1 (AW) Hans Holloway
HM1 Ismaile Kamara
HM1 Melvin Rolonmerced
HM2 (FMF) Jonathan Ferrelli
HM2 Jocelyn Quinto
HM2 Patrick Whalen
HM3 Joshua Adams
HN Luke Austin
HN Megan Whitehair

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Maria Abando
Felicia Smith

DRILL — Continued from page 17

"This training is very important to us, because it helps us with our response efforts and communication with all the necessary response personnel," said Ryan Council a firefighter with Navy Region Mid-Atlantic Fire and Emergency Services. "We are always ready to respond should a real event occur."

The volunteers who acted as simulated casualties had various roles and injuries to simulate. Some got into character so well that, to the unknowing bystander, they would believe the injuries were real because of the physical appearance of blood and screams.

One such participant, Fire Control Technician 3rd Class Stephanie Peyton of the BEQ staff, played a woman who was 30-weeks pregnant. She even wore a prop that gave the appearance of a pregnant woman's belly.

Peyton's simulated believable screams of agony could be heard outside the ambulance during the drill as she maintained character.

"A full blown drill like this is a refresher for us," Peyton said. "We train routinely just to make sure we have the procedures down. As barracks personnel, we have to ensure our Sailors at the BEQ residence are protected at all times."

After the drill, staff from the responding organizations gathered for a post-drill forum to discuss the events, lessons learned and feedback from the trainers and assessment team.

"Everyone did exactly what they were trained and expected to do," said Chief Master-at-Arms (SW/AW) Darren Villano with NSA Security, who led the forum discussion with Tim Jernigan the installation training officer for the campus. "Muscle memory kicked in, and (automatic responses were) apparent with what was shown in the exercise. Communications were phenomenal – the best I've ever seen."



Responders could quickly identify the degree of injuries of the simulated victims by comparing the color of tag tied to each victim to a list of injuries and conditions. The medical personnel could then treat them in the order of severity.

SHIPMATE OF THE MONTH



Photo by MC2 (SW) Anna Arndt

HM2 MATTHEW BLACK, DMH
 HM3 ELIZABETH GREEN, DPC
 HM3 JACOB FISHER, DPE
 HM3 MORGAN VANDESANDE, DSS
 HN HAROLD GLADDEN, DPHS

LSSN BRALON PRICE, DFA
 HN JOEL SALINAS, DCSS
 ABHAN JASMINE TWINE, DQM
 HN ANDREW USZENSKI, DNS
 HR JESSICA BECHT, DMS

OCTOBER MENTOR OF THE MONTH

Benjamin D. Liam develops, implements and oversees five command-level programs that evaluate internal controls and proper use of resources; detect and correct weaknesses and inefficiencies; and combat fraud, waste, abuse, or mismanagement. These command-level programs include Internal Review, IG Hotline, MEDIG Inspection Program Assessment, Visit Liaison and Anti-Fraud. He also provides direct advisory and consultative services or recommendations on all matters that may impact command-level decision-making, policies or strategies.

Liam came to Naval Medical Center Portsmouth from Navy Medicine East in March 2008, after retiring as a commander. While on active duty, he found up-and-coming junior officers thirsty for knowledge and guidance. He had a few mentors in the past, who helped him in his

professional development and success as a naval officer. Because of them, he wanted to return the favor. He currently mentors one formally full-time and several informally part-time.

“Mentoring is a learning experience for



Photo by MC1 (SW/AW) Steven J. Weber

both mentors and mentees,” Liam said. “For mentees, it may be learning a new concept or skill; while for mentors, it may be learning to be supportive and reflective.”

Liam believes mentorship is important because it helps those who lack insight, knowledge, or confidence to see the possibilities and to learn from the experience. His mentor philosophy is “Servant leadership.”

“Have good communication and interpersonal skills, be a good listener and share your passion and make the experience meaningful,” Liam added.

Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under “M” to learn more and join the Mentor Program today. Everyone is welcome.